



Active Early Healthy Bites



Agency Name	Nutrition Activities	Physical Activities
YMCA-Kettle Moraine Sue Lorenz, Director slorenz@kmymca.org	<u>March into Wellness</u> (For National Nutrition Month): <i>-Rainbow of Taste Testing:</i> Weekly classroom tastings and nutrition lessons featuring fruits/veggies from the colors of the rainbow. Rainbow bulletin boards, charting and photos to show parents the activities. <i>- Take Home Family Worksheet: Nutrition Back to Basics:</i> - Contains 16 boxes with activities for the family to do relating to healthy meals, plant-based options, cooking, fitness/movement, etc. They color each box in as they complete an activity. At the end of March, the children turn in the worksheet to earn prizes (donated from area businesses). <i>- Menu Makeovers:</i> Dietitian is working with cooks to revise menus and review current recipes (based on Dietary Guidelines recommendations). <i>-Expanding Gardens:</i> Staff will attend the “Got Dirt?” Training. Inviting parents and the church they rent from to join them as they plant, weed and harvest.	<u>Movement and Nutrition Family Event</u> -Gyms and pools will be open for families as well as scheduled events and nutrition activities with their Dietitian. <u>Preschool Fitness Program</u> YMCA staff is offering <i>Movement Classes</i> to their off-site program once a month. Implementing a daily movement curriculum at all sites.
Sunny Day Preschool and Daycare Center, Sun Prairie Joanne Marquez, Director joanne@sunnydaypreschool.com	<u>February Family Health Fair</u> <i>-Stations: Parents/children in groups of 10 move from one station to the next every 25 minutes:</i> Station 1- Cooking	<u>February Family Health Fair</u> <i>-Stations: Parents/children in groups of 10 move from one station to the next every 25 minutes:</i> Station 3- Fitness instructor

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	<p>demonstration by a dietitian, offering tips on budget friendly meals and sampling a whole grain pasta dish.</p> <p>Station 2- <i>Make 'n Take Healthy Cookie</i> recipe.</p> <p>Families filled up a mason jar with healthy ingredients while discussing how to modify recipes. They looked at the nutritional difference between a regular cookie and its healthier version (i.e. adding wheat germ, whole wheat flour.)</p>	<p>from a local health club (donated her time) led Zumba, yoga and light stretches.</p>
<p>Encompass Early Education & Care, Inc. Janet Mincks, Director jmincks@encompasseec.org</p>  	<p><u>National Nutrition Month</u> My Plate Theme: -Children designed their own plates by drawing pictures of foods representing the My Plate USDA Dietary recommendations. These designs were then made into melamine plates. -My Plate 'Lunch on Us', annual event inviting parents to have lunch with the children. A My Plate nutrition discussion is incorporated into the sharing of the meal. <u>Tuesday Taste Testing</u> -Kiwis, jicama, and green peppers are examples of what the kids are tasting. Their 'like it, don't like it, I touched it' comments are being tracked and posted. Parents receive a note sharing what their children tasted that day. Monthly newsletter highlights the foods tasted with recipes. <u>Menu Revisions with the help of nutrition software</u></p>	<p><u>Wellness Kickoff: Physical Activity Training Session for Staff</u> Engaging Early Care and Education in Obesity Prevention: Children spend much of their day in early care and education facilities, so it's important that they spend time moving their bodies! How can we make that happen? -Emphasis on why physical activity is important in obesity prevention. -Focus on midline motor development and brain development connections with physical activity.</p>
<p>CESA 11 Head Start Brenda Rouzer, Manager brendar@cesa11.k12.wi.us</p>	<p><u>Cooks Training Day</u> Chef Jenö, Barronett, WI: -Provided fresh & easy ideas to add to their menus (herbs, fresh ingredients, healthy cooking tips). <u>Home Visit Snack Packs</u></p>	<p><u>Home Visit Activity Packs</u> - Curriculum developed for the home visits to promote movement/exercise based on the Healthy Movement and Active Play Curriculum (on DPI Wellness website).</p>



- **Curriculum** developed for the home visits to promote healthy eating.

Theme #1: Mostly vs. Sometimes Foods

Theme #2: The Importance of Taking Care of My Teeth

Theme #3: Water is Good!

Theme #4: Hand washing Helps Keep Me Healthy

Theme #5: Creating a Rainbow on My Plate

Theme #6: What About My Heart?

Theme #7: Where do Fruits and Vegetables Come From?

- **Ordered tote bags and supplies** needed for activities, and laminated several resources like pictures of fruit and vegetables, stepping stones, teeth finger puppets, etc. so they would hold up. In the front of each activity bag is a quick reference sheet (Theme Identifiers).

My Plate Activities

-**Purchased Spanish Language editions** of books and Spanish and English My Plate Posters and tear-out My Plate and Great Plate sheets (place mats) to use at the centers for discussion/learning.